

CLAIMS

1. A metal heater comprising a metal plate and a heating element,
5 wherein
 said metal plate has a thickness of 50 mm or less and a surface flatness of 50 μ m or less, and
 an outer rim of a region where said heating element is formed is at a position within 25% of a diameter of said metal
10 plate from an outer circumference of said metal plate.
2. A metal heater comprising a metal plate and a heating element,
 wherein
15 the number of said metal plate is a plural number,
 said heating element is interposed between said metal plates, and
 a thickness of a metal plate on a heating face side is the same as or smaller than that of a metal plate on a side opposite
20 to said heating face side.
3. A metal heater comprising a metal plate and a heating element,
 wherein
25 said metal plate comprises an aluminum-copper alloy.